



Service, Support and Information
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SPOTLIGHT ON SENIORS

A Publication of the Dutchess County Division of Aging Services

Fall 2011



The Fall Issue!

Each Fall, we like to remind you to take the steps necessary to avoid falling. Falls are the leading cause of injury and injury-related deaths among the elderly.

Most falls can be prevented with four key steps: exercise regularly, have your doctor review your medications to reduce side effects, have an annual eye exam, and reduce the fall hazards in your home.

The Division of Aging Services offers a free Senior Exercise Program and there is a class not far from you. The program is specifically designed to help strengthen your leg muscles and improve your balance. To learn more, call our office at 486-2555.

At home, be sure to clean up any clutter and remove throw rugs. Install handrails in your tub and on any stairs and be sure to use them. Be sure staircases are well lit. If you have a cane or walker - don't be too proud to use it.

Correcting any of the issues listed on page 4 of this issue of the *Spotlight on Seniors* will help you avoid falls this Fall.



**A Message from
County Executive
William R. Steinhaus**

Dear Friends,

Getting to meet people at our various senior events has certainly been one of things I have enjoyed most about being County Executive. Whether at our Celebration of Aging honoring our "Senior Citizens of the Year" or enjoying the day at the Senior Prom, it has been a pleasure to be able to get to know so many people and hear their stories.

It has been a particular pleasure to have been able to start the Senior Picnic program my first year in office and watch it grow in popularity over the years.

Thank you for the opportunity to serve you as Dutchess County Executive. I wish each of you good health and happiness in the coming years.

Sincerely,

William R. Steinhaus

William R. Steinhaus
Dutchess County Executive

Mary Kaye Dolan
Director



William R. Steinhaus
County Executive



AGING SERVICES SPEAKER

The Division of Aging Services has speakers available to talk to your group or organization about the services we offer to the elderly. To schedule a speaker, call 486-2555.

CAREGIVER CONFERENCE

If you are taking care of an elderly relative, friend or spouse, mark your calendar for Thursday, November 3rd. That is the date of the annual free Dutchess County Caregiver Conference which will be held this year at the Villa Borghese, 79 Widmer Rd. in Wappingers Falls from 9:00 AM - 4:00 PM. The theme this year is: Take Me Out To The Ball Game. Food and beverages are provided. Call 471-2655 for more information or a reservation.

SENIORS & THE LAW

The 6th annual Senior Law Day will take place at the Jewish Community Center, 110 Grand Avenue in Poughkeepsie on Thursday, September 15th from 8:30 AM to 12:30 PM. Issues to be covered include topics of Advanced Life Planning: Living Wills, Health Care Proxies, Durable Power of Attorney, Wills and Trusts. The seminar includes a continental breakfast. All senior citizens are invited to attend this free event, but registration is required. For more information, call 471-0430.

TEND TO THIS

Research has proven over and over again that seniors who volunteer in their community live longer and healthier lives than those who don't volunteer. Currently, the F.W. Vanderbilt Garden Association in Hyde Park, is looking for volunteers for gardening and groundskeeping include weeding, trimming, mowing, and weedwacking. They also have opportunities for fundraising/event planning, greeting visitors on the weekends, grant research and writing, and being on various committees. For more information contact Connie Stutmann, 229-6432. For a variety of other volunteer opportunities, call the Retired Senior Volunteer Program (RSVP) at 452-5104 x109.

SENIOR RAIL TRAIL WALKERS

The Division of Aging Services is starting a Senior Rail Trail Walkers group! Join them each Wednesday morning starting September 7th at 9:30 AM in the Gold's Gym parking lot located at 258 Titusville Rd., in Poughkeepsie. The easy-paced walk will last about one hour. All ages are invited to join the group and no pre-registration is required! The Fall is the best time to explore the Rail Trail!

JEST FOR FUN

An elderly lady sitting by the pool strikes up a conversation with a man she has never met before. She talks about her life, her children her grandchildren and finally she asks the man, "So, what about you?" He says, "I have no wife or family. I just got out of prison last month." "What were you in jail for?" she asked. "Late at night my gang would go rob stores that we knew had cash in their vaults. I drove the get-away car." "Oh," says the lady, "So you drive at night?"

MEDICARE Open Enrollment 10/15 - 12/7

The Medicare Open Enrollment period this year is much earlier than in the past. Be sure you're ready for any changes you want to make by scheduling a free annual Health Insurance Check-Up.

One of the Division of Aging Services trained volunteer counselors with the Health Insurance Information, Counseling and Assistance Program (HIICAP) can meet with you and go over your options.

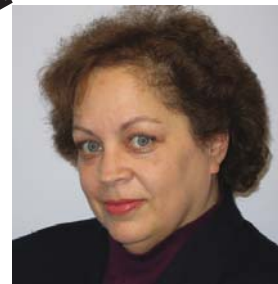
Appointments will be available any time during the Open Enrollment period, but remember, after December 7th, it's too late.



**The Division of Aging Services'
Health Insurance Information,
Counseling and Assistance
Program (HIICAP)
(845) 486-2555 or
1(800) 701-0501**

**From the
Director's Chair**

Mary Kaye Dolan
mdolan@co.dutchess.ny.us



Dear Friends,

The Division of Aging Services will be holding our annual Public Hearings to help us understand your concerns and hear your opinions and feedback on our current services. Please plan to join us at the Public Hearing near you:

Friday, September 30th 11:00 AM
First Lutheran Church
325 Mill Street, Poughkeepsie

Wednesday, October 5th 11:00 AM
East Fishkill Community Center
890 Route 82, Hopewell Junction

Thursday, October 13th 11:30 AM
American Legion Hall
1797 Route 22, Wingdale

If you are unable to attend one of the Public Hearings, you can mail written comments to the Dutchess County Division of Aging Services, 27 High Street, Poughkeepsie, NY 12601. You can also email comments to:
agingservices@co.dutchess.ny.us

Sincerely,

Mary Kaye Dolan

Mary Kaye Dolan, Director
Division of Aging Services

AVOIDING FALLS THIS FALL

There are falling hazards in just about every room in your home. Take a look around your home and see how safe you are:



- + Do you use throw rugs? They are a slipping hazard.
- + Are there any papers, shoes, or other objects on the floor?
- + Do you wipe up spills right away? Stay off recently mopped floors until they are dry.
- + Are there any cords or electrical wires that you have to walk over or near?
- + If you have stairs, are any loose or uneven?
- + Are the stairs well lit? Are there light switches at the top and the bottom of the stairs?
- + If your stairs are carpeted, be sure the carpet is not loose or torn.
- + Are there handrails on both sides of the stairs? Do you use the handrail?
- + In the kitchen, are there items that you use on high shelves?
- + Do you use a step stool with a grab rail? Never use a chair as a step stool.
- + In the bathroom, do you use a rubber mat or self-stick strips in the tub?
- + Do you have grab bars inside the tub and next to the toilet?
- + Is your bathrobe so long that you might trip over it?
- + Is it easy to reach a light near your bed?
- + Is the path from your bed to the bathroom well lit?
- + Do you exercise your legs regularly?
- + Have you had your bone density checked recently?
- + Have you had your doctor check the medications you take for possible side-effects?
- + Do you have your vision checked at least once a year?
- + Do you keep a pair of glasses within easy reach of your bed?
- + Do you get up slowly after you sit or lie down? Sit up before you get up!
- + Do you wear shoes that fit securely both inside and outside the house?
- + Do you keep emergency numbers near your phone?
- + If you need one, do you have an Emergency Response Unit?
- + If you have a cane or walker, do you use it?



For a free "Home Safety Checklist," call our office at 845-486-2555



Senior Prom



Celebrating the Fabulous Fifties!

Monday, October 3, 2011

12noon - 4 PM at the Villa Borghese

79 Widmer Road, Wappinger Falls



Full Buffet Lunch! Dancing! Prizes!

Crowning of the 2011 Duke & Duchess!

Prizes for Best 50's Style Dress!!

Discounted \$20 seats when you pay before

September 2nd!! (\$25 after September 2nd)

People wishing to sit together MUST send their payment in together!

Name(s) _____

Address _____

Phone _____

Please reserve _____ seats together at \$25 each (\$250 per table)

People wishing to sit together MUST send their checks in together (10 per table). We MUST have the names of everyone you are paying for. Mail your check along with this form to: The Division of Aging Services, 27 High Street, Poughkeepsie, NY 12601. Sorry, no refunds. Tickets will not be issued; your name will be at the door. Discounted seats are only available for payments received BEFORE September 2nd or when we sell out.

Community Living

The Community Living Program is a designed for non-Medicaid consumers who need care or services to help them live at home. It offers those who qualify more involvement and control over the types of goods, services and benefits they receive and the manner in which they are delivered.

With the help of a Care Coordinator, participants choose who to hire for their care, even friends and family if they qualify, as well as how, when and where their services are provided.



These services can include:

- *Personal Care
- *Housekeeping
- *Adult Day Care
- *Home Delivered Meals
- *Nutrition Education
- *Caregiver Support
- *Transportation
- *Home Modifications
- *Assistive Devices
- *Durable Medical Equipment
- *Appliances

Should you decide that the Community Living Program is not for you, you can return to traditional agency service at any time.

To learn more about the Community Living Program, call:

The Division of Aging Services
(845) 486-2555.

Matinees & Music

The Bardavon is presenting their annual Matinees and Music series this Fall at both the Bardavon in Poughkeepsie and UPAC in Kingston.



United States Air Force Liberty Jazz Band

October 6th 2PM

Ulster Performing Arts Center
601 Broadway, Kingston
339-3816



Tribute to the Big Bands

November 10 2PM

The Bardavon
35 Market St., Poughkeepsie
473-2072

Call the Box Office for more information. There is a suggested donation of \$5 for tickets and transportation is available for larger groups.

Spotlight on the Staff



Volunteers like Ginny Condon, seen here leading the Brain Games Class at the Arlington Library, help our office expand our services and outreach.

In the past few issues of the Spotlight on Seniors, we have let you know about a few of the responsibilities of our staff members. In this issue, we would like to shine the Spotlight on our cherished volunteers.

With the help of over 300 volunteers, the Division of Aging Services last year was able to: deliver over 118,664 home delivered meals to the frail elderly, conduct over 50 Senior Exercise Classes twice a week, offer 15 different weekly Brain Games classes and counsel almost 800 seniors on their health insurance questions.

Volunteers also helped with the Summer Senior Socials, serve on our Advisory Board, work at our Senior Friendship Centers, assist at the Celebration of Aging and Senior Prom, issue Senior ID Cards, and more.

Last year, the value of the services that volunteers provided our office was almost \$800,000! We salute all of our volunteers and thank them for all they do.

Volunteers are always needed. Call 486-2555 for information. Volunteers live longer & healthier lives than non-volunteers.

FLU CLINICS 2011

The 2011 Dutchess County Public Flu Clinics will start in October and continue until December. Influenza (flu) and Pneumonia vaccinations will also be available during the Adult Immunization and Screening clinics on Mondays beginning in October at the Dutchess County Department of Health - 387 Main Street, Poughkeepsie. You can also receive your vaccination from your doctor, pharmacist, and at flu clinics in local retail outlets.



The Centers for Disease Control and Prevention recommends the flu vaccine for all individuals six months of age and older. For children less than 6 months old, who cannot get flu vaccine, it is critical that the people who care for them, and are around them, get vaccinated against the flu.

The flu vaccine is your best protection against getting the flu. The most common side effects from flu shots have been soreness, redness, or tenderness where the shot was given.

For more information:
www.co.dutchess.ny.us/CountyGov/Departments/Health/HDfluscheds.htm
 or call the
Flu Clinic Hotline at 486-3435.



Dutchess County Division of Aging Services
27 High Street, Poughkeepsie, NY 12601

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Medicare Orientation

This program is a basic overview of Medicare for people approaching the age of 65, caregivers, and anyone who would like a better understanding of how Medicare works. Topics include Supplemental Insurances, Prescription Drug Plans, EPIC, Medicare Advantage Plans, and more.

Wednesday, September 21 10AM - 12noon
Poughkeepsie Galleria Community Room, Route 9

Monday, October 17 5:30PM - 8PM
Arlington Library, 504 Haight Avenue, Poughkeepsie

Navigating Medicare

If you have a little computer knowledge, our Health Insurance volunteers can teach you how to navigate the Medicare website and learn about other associated programs to help you make more informed choices.

Tuesday, August 30 9:30 AM - 11:30 AM
Adriance Library, 93 Market St., Poughkeepsie

There is no cost for any of these seminars, but space is limited. Please call (845) 486-2555 to make a reservation.

For more information
about the
Dutchess County
Division of Aging Services

Visit us online or call

(845) 486-2555

or (866) 486-2555



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